

THE BIG LIST OF PLEASURABLE ACTIVITIES

Check (✓) the ones you're willing to do, and then add any activities that you can think of:

- Talk to a friend on the telephone.
- Go out and visit a friend.
- Invite a friend to come to your home.
- Text message your friends.
- Organize a party.
- Exercise.
- Lift weights.
- Do yoga, tai chi, or Pilates, or take classes to learn.
- Stretch your muscles.
- Go for a long walk in a park or someplace else that's peaceful.
- Go outside and watch the clouds.
- Go jog.
- Ride your bike.
- Go for a swim.
- Go hiking.
- Do something exciting, like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things.
- Go to your local playground and join a game being played or watch a game.
- Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall.
- Get a massage; this can also help soothe your emotions.
- Get out of your house, even if you just sit outside.
- Go for a drive in your car or go for a ride on public transportation.
- Plan a trip to a place you've never been before.
- Sleep or take a nap.
- Eat chocolate (it's good for you!) or eat something else you really like.
- Eat your favorite ice cream.
- Cook your favorite dish or meal.
- Cook a recipe that you've never tried before.
- Take a cooking class.
- Go out for something to eat.
- Go outside and play with your pet.
- Go borrow a friend's dog and take it to the park.
- Give your pet a bath.
- Go outside and watch the birds and other animals.
- Find something funny to do, like reading the Sunday comics.
- Watch a funny movie (start collecting funny movies to watch when you're feeling overwhelmed with pain).
- Go to the movie theater and watch whatever's playing.
- Watch television.
- Listen to the radio.
- Go to a sporting event, like a baseball or football game.
- Play a game with a friend.
- Play solitaire.
- Play video games.
- Go online to chat.
- Visit your favorite Web sites.
- Visit crazy Web sites and start keeping a list of them.
- Create your own Web site.
- Create your own online blog.
- Join an Internet dating service.
- Sell something you don't want on the Internet.
- Buy something on the Internet.
- Do a puzzle with a lot of pieces.
- Call a crisis or suicide hotline and talk to someone.
- Go shopping.
- Go get a haircut.

- ___ Go to a spa.
- ___ Go to a library.
- ___ Go to a bookstore and read.
- ___ Go to your favorite café for coffee or tea.
- ___ Visit a museum or local art gallery.
- ___ Go to the mall or the park and watch other people; try to imagine what they're thinking.
- ___ Pray or meditate.
- ___ Go to your church, synagogue, temple, or other place of worship.
- ___ Join a group at your place of worship.
- ___ Write a letter to God.
- ___ Call a family member you haven't spoken to in a long time.
- ___ Learn a new language.
- ___ Sing or learn how to sing.
- ___ Play a musical instrument or learn how to play one.
- ___ Write a song.
- ___ Listen to some upbeat, happy music (start collecting happy songs for times when you're feeling overwhelmed).
- ___ Turn on some loud music and dance in your room.
- ___ Memorize lines from your favorite movie, play, or song.
- ___ Make a movie or video with your camcorder.
- ___ Take photographs.
- ___ Join a public-speaking group and write a speech.
- ___ Participate in a local theater group.
- ___ Sing in a local choir.
- ___ Join a club.
- ___ Plant a garden.
- ___ Work outside.
- ___ Knit, crochet, or sew—or learn how to.
- ___ Make a scrapbook with pictures.
- ___ Paint your nails.
- ___ Change your hair color.
- ___ Take a bubble bath or shower.
- ___ Work on your car, truck, motorcycle, or bicycle.
- ___ Sign up for a class that excites you at a local college, adult school, or online.
- ___ Read your favorite book, magazine, paper, or poem.
- ___ Read a trashy celebrity magazine.
- ___ Write a letter to a friend or family member.
- ___ Write things you like about yourself on a picture of your body or draw them on a photograph of yourself.
- ___ Write a poem, story, movie, or play about your life or someone else's life.
- ___ Write in your journal or diary about what happened to you today.
- ___ Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset.
- ___ Make a list of ten things you're good at or that you like about yourself when you're feeling good, and keep it with you to read when you're feeling upset.
- ___ Draw a picture.
- ___ Paint a picture with a brush or your fingers.
- ___ Masturbate.
- ___ Have sex with someone you care about.
- ___ Make a list of the people you admire and want to be like—it can be anyone real or fictional throughout history. Describe what you admire about these people.
- ___ Write a story about the craziest, funniest, or sexiest thing that has ever happened to you.
- ___ Make a list of ten things you would like to do before you die.
- ___ Make a list of ten celebrities you would like to be friends with and describe why.
- ___ Make a list of ten celebrities you would like to have sex with and describe why.
- ___ Write a letter to someone who has made your life better and tell them why. (You don't have to send the letter if you don't want to.)
- ___ Create your own list of pleasurable activities.
- ___ Other ideas: _____
- _____
- _____